



WOMEN'S
OB-GYN^{PC}

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In general, try to avoid taking any medications in the first twelve weeks of pregnancy. If, however, you do need to take something, please follow the medications listed below. If the condition continues, or you have any questions, do not hesitate to call our office. A generic replacement may also prove effective and less costly.

Condition	Acceptable	DO NOT USE
Antihistamines	Zyrtec, Claritin, Benadryl, Dimetapp, Allegra	
Artificial Sweeteners	NutraSweet	Sweet and Low
Constipation	Colace, FiberCon, Fiberall, Citrucel, Milk of Magnesia, Metamucil	
Cough/Colds	Robitussin (cough), Robitussin DM (non productive cough)	
Nasal Congestion	Robitussin CF, Tavist D, Sudafed (pseudoephedrine), Ocean Mist nasal spray	Don't take Sudafed if history of high blood pressure
Diarrhea	Imodium (only 1 dose, then call office if it persists), BRAT foods (banana, rice, applesauce, toast)	
Heartburn/Indigestion	Tums, Tagamet, Rolaids, Zantac, Gas-X, Mylanta (ok in first 12 weeks), Pepcid	Pepto-Bismol
Hemorrhoids	Anusol, Preparation H	
Nausea	Small frequent meals, Ginger Ale, Vitamin B6 (be cautious on amount of dosage), Syrup from canned fruits (e.g., peaches/pears)	
Pain/fever	Tylenol (acetaminophen)	Aspirin, Motrin, Advil, Aleve
Runny Nose	Benadryl (diphenhydramine), Chlor-Trimeton (Chlorpheniramine)	
Sore Throat	Cepacol, Chloraseptic	
Yeast Infections	Monistat 7	